

Action Planning

First: Increase your awareness and discomfort:

1. How do you feed and nourish your energy drains?
 2. How much time and effort of your day at NASA is expended on "drains"?
 3. How has it served you?
 4. Imagine yourself without that drain: What's different for you?
 5. How do you keep the "pet peeve/energy drain" from finding its way home?
 6. How willing are you to set it free? To be free?
 7. What would you be doing in your work/life instead?
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- ☐ What is most important to me at this point in my life?
 - ☐ Where would I prefer to spend more time?
 - ☐ What areas of my life need my attention (health, professional growth, relationships, work, money?)
 - ☐ What parts of my life need less attention?
 - ☐ Do I have a secret dream I keep putting off until I can "find the time"? What is it?